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Your essential daily news | WEDNESDAY, AUGUST 31, 2016

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BACK-TO-SCHOOL
Lunches for the discerning palate
(Hint: It's not an apple)
metroLIFE



Victoria Stutsky, 17, poses at the back of her Midwest Modified dirt track racers at her family's home in St. Andrews on Tuesday.

LYLE STAFFORD/FOR METRO

IN THE FAST LANE

Rookie female racer inspired by Amber Balcaen's historic NASCAR victory **metroNEWS**

Stage set for debate over urban future

DEVELOPMENT

Final report on cost of growth in the city is due Thursday


Stephanie Taylor
Metro | Winnipeg

Tensions are mounting at city hall as politicians and the public await a report that could determine the future of development in Winnipeg.

Some in the home building industry fear a potential \$30,000 growth charge levied on new residential buildings will cause turmoil in the housing market. Others believe it's necessary to manage the city's growing population.

A report on the issue is expected Thursday, but councillors are already speaking out.

Coun. Janice Lukes, a member of the mayor's inner circle and chair of the infrastructure committee, blogged to residents about her concerns with city's process, questioning whether the city has adequately consulted with developers.

"Proceeding with any kind of growth fees will be one of the most significant and impactful decisions council will make in this term. I will not be making any kind

of rushed decision," she said.

There has been lots of speculation about the impact of a growth levy, but Mayor Brian Bowman urged stakeholders to take a pause.

"What I think we should all do right now is take a deep breath, wait for a report to be released and read it," he said Tuesday.

"Once we had a chance to read it, then I'm sure we'll have additional discussions."

Bowman said he had not seen the report, but plans for it to be made public Thursday, which is when councillors are invited to a closed-door briefing.

Hemson Consulting Ltd. was hired by the city to determine whether new developments cover the cost of their infrastructure needs, including transit, roads and wastewater.

Bowman doesn't expect everyone will agree with the report's conclusions, but said he expects the study to answer the question of whether "growth pays for growth."

Coun. John Orlíkow (River Heights-Fort Garry), chairman of the property, planning and development committee, said Tuesday the report is just the first step.

Depending on the findings, Orlíkow said councillors will be tasked with developing policy and determine which, if any, properties would be exempt from a new fee.

Metro Explains growth fees, see page 3



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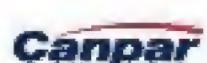
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5

THINGS TO KNOW ABOUT THE GROWTH FEE PROPOSAL

A municipal report on the costs of growth in Winnipeg will be made public Thursday.

It will form the basis for debate over whether the city should introduce additional fees on development. The mayor believes the fees will help the city better manage its growing population and ongoing budget woes, but not everyone agrees. Here's what you need to know before the debate kicks off.

Stephanie Taylor
Metro | Winnipeg

1 What is a growth fee?

Growth fees are charges levied by municipalities to builders of new properties in order to cover the costs of servicing areas of new development. Growth-related costs are broad, and range from building new streets to fixing existing ones, or adding new infrastructure, including sewers, schools and police stations.



A proposal to charge builders as much as \$30,000 on new developments has the potential to radically alter Winnipeg's urban landscape. TORSTAR NEWS SERVICE FILE

2 Why does the city want them?

The city's population is expected to exceed 922,000 people by 2040. That means there will be a need to build more housing, repair existing infrastructure and build new amenities to service a larger population. Mayor Brian Bowman believes growth currently isn't paying for growth, which is a big problem when you consider the city's projected budget shortfall of \$52 million by 2017.

3 Who's affected?

Growth fees would be paid by developers of residential, commercial, industrial and infill properties. Ushering in growth fees is unlikely to cause home prices to skyrocket, but it will likely affect what sorts of new development get built in Winnipeg.

4 What does this mean for your neighbourhood?

Some in the home building industry fear growth fees could stall development. Others worry a uniform fee applied to all areas of the city will dissuade builders from constructing infill in older neighbourhoods in need of new homes. However, some experts think growth fees could actually lead to more affordable housing. For example, the city could earmark a portion of growth fee revenue towards a housing fund.

5 Why should you pay attention?

The issue will dominate discussions at city hall for the fall and into 2017. The decision as to whether or not introduce growth fees will have far-reaching effects on the city's financial planning and the types of buildings Winnipeggers could see in their neighbourhoods. It will also be a challenge for first-term mayor Brian Bowman to take the reins of council and bring in a potentially controversial new fee.

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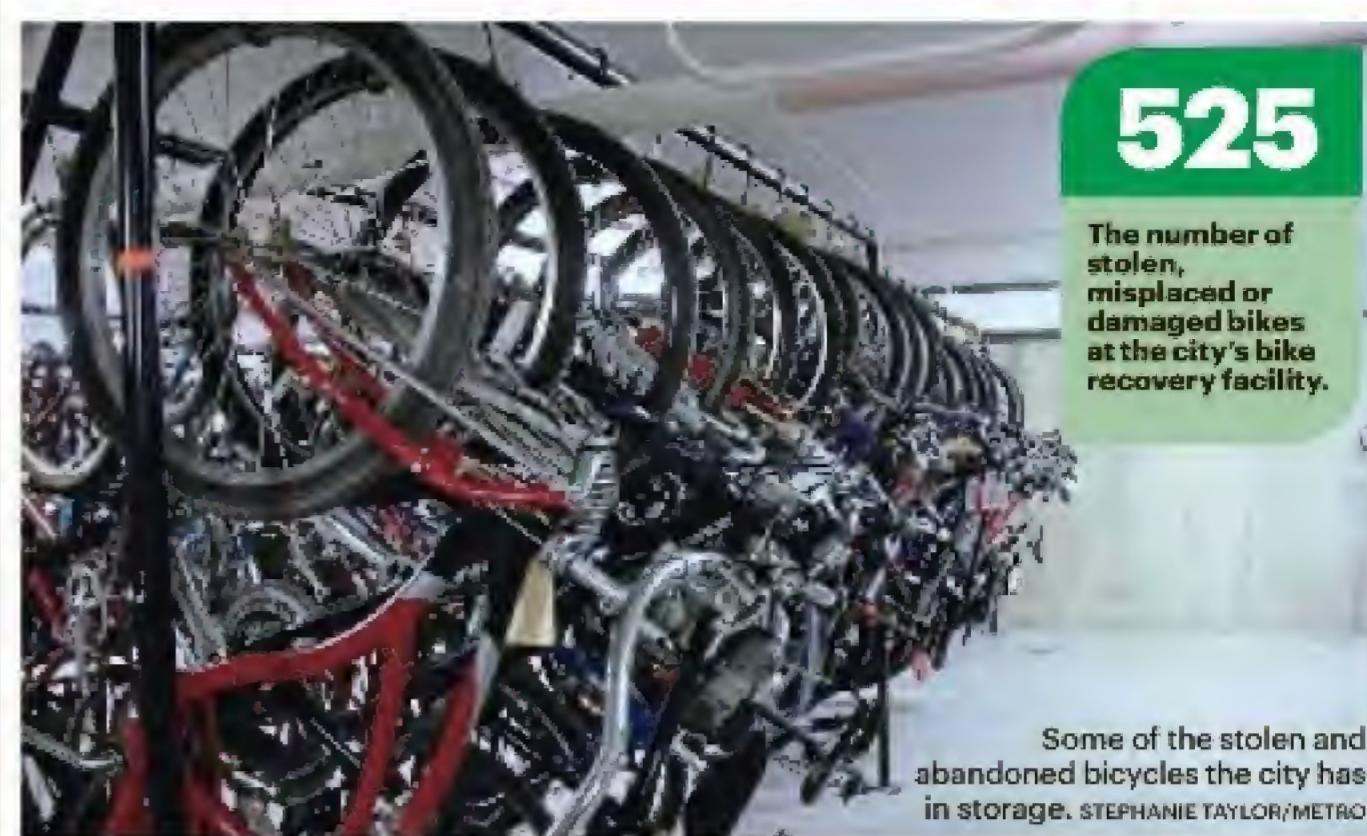
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525

The number of stolen, misplaced or damaged bikes at the city's bike recovery facility.

Some of the stolen and abandoned bicycles the city has in storage. STEPHANIE TAYLOR/METRO

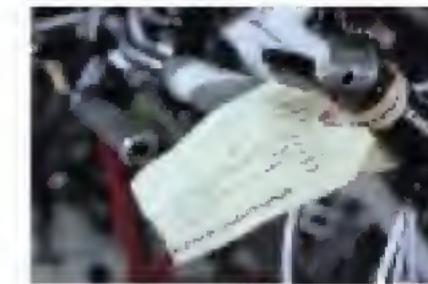
Lost bike central

BYLAWS

No cycle left behind by city recovery unit



Stephanie Taylor
Metro | Winnipeg



Staff tag each bike with any pertinent information. METRO

It's nearly 3:30 p.m. when Danielle Lavalle backs into basement driveway of the city's animal services agency — home of Winnipeg's stolen and abandoned bikes.

She proceeds to unload two bikes she's recovered from her most recent sweep of the city, part of her duties as a bylaw officer with the city's bike recovery unit.

The bikes will now be tagged and piled with the near 525 others Lavalle, along with Winnipeg police and fire services, have found discarded since the start of this year.

"It's heartbreaking to see these

bikes in," said Marcia Fifer, a city licensing co-ordinator, who oversees part of the recovery unit.

So far this year, the city says the service has reunited only seven people with their stolen bikes. However, the figure excludes missing bikes police returned to owners through police reports and the pawnshop unit.

Fifer believes more bikes could be returned, if people just jotted down their serial number, or even take photos of their bikes.

"It's hard when someone calls and says, 'I've had my bike stolen', but they don't know the serial number or they haven't documented anything."

Arne MacPherson is one of

those cyclists. He bought his used bike seven years ago with cash.

"It never occurred to me to register the serial number," he said Monday. "I'd be screwed."

After the city discontinued bike licensing in the early '80s, Fifer said a voluntary registration program was introduced. Roughly 8,000 bikes have been registered since 1995, she said.

Fifer encourages everyone to take advantage of the service, at a one-time cost of \$6.40, that keeps a record of bike's serial number and description.

Next month, the city will reconsider bike licensing, as well as a mandatory helmet law.

"We're exploring some options, and we're looking at what other cities are doing," Fifer said.

However, she noted that mandatory bike licensing could be cost prohibitive and would require extra staffing to manage and enforce.

"The last thing we want to do is have a system that discourages families and children from riding bikes," she said..

HERITAGE

Save working train from scrap for \$25K



Matt Kieltyka
Metro | Vancouver

If you've got a spare \$25,000 lying around, you can buy your very own Canadian National Railway train.

The locomotive was posted on Winnipeg's Kijiji page by Powerview-Pine Falls resident Noel Chartier in July as part of the asset sell-off from the Tembec paper mill that closed in 2009.

The landlocked train, resting on 15 metres of track, was bought and used for operations at the mill but needs a new home soon or it faces an untimely end in the scrapyard.

"If it doesn't sell, it's going to be torched," Chartier told Metro.



The train listed for sale on Kijiji. CONTRIBUTED/NOEL CHARTIER

The mill's closure, Chartier said, marked the "end of an era" for the town.

The train, he says, is a symbol of better times.

"The town was here before Tembec and it's still here after Tembec but it was a sad blow

for the community because it's been known as the paper town," he said.

Chartier said the train is fully operational but requires some new wiring.

He's dropped the price by \$5,000 in a bid to get it sold.

This engine revs grrrl power

MOTOR SPORTS

Young racer hopes other women will take the wheel

Matt Kieltyka
Metro Vancouver

"I was never the type to play with dolls."

That's the last thing people see before eating 17-year-old dirt track racer Victoria Stutsky's dust.

The St. Andrews speedster is one of the young women finding inspiration in the traditionally male-dominated sport from fellow Manitoban Amber Balcaen.

Balcaen, 24, became the first Canadian woman to win a NASCAR race Saturday at Virginia's Motor Mile Speedway.

Stutsky grew up watching NASCAR and was thrilled to learn Balcaen got herself into the victory circle. She's only met the professional racer once, but Stutsky said Balcaen has



Winnipeg's Victoria Stutsky, 17, behind the wheel of her Midwest Modified dirt track race car at her family's home in St. Andrews on Tuesday. PHOTOS BY LYLE STAFFORD/FOR METRO

always been quick with career advice and encouragement.

She hopes her idol will be in the stands at Red River Co-Op Speedway when the teenager races Midwest Modifieds next.

"It's cool seeing someone from Winnipeg, and especially someone you know, win. She's always offered to help me so I hope I see her out at the track," said Stutsky, who

began racing go-karts at 12. "It would be great having her watch my race because I grew up watching hers."

Being a girl among men on the dirt track hasn't been a

detriment to Stutsky.

"If anything, I'm the most intimidating person on the track," she said.

Her karting experience has helped hone her control in the

If anything, I'm the most intimidating person on the track.

Victoria Stutsky

turns. Now that she races dirt ovals, she says she's found her groove.

"I get there with a big smile on my face every time. It's all horsepower and dirt flying," she said.

With four races left in the season, she's in contention for a top-five finish and Rookie of the Year honours in her division.

So don't let her age, gender, braces — or even that quirky tagline on the back of her car — fool you: Stutsky has her sights set on the fast lane, and hopes other women will join her.

"It's great to have girls involved in racing and seeing women at the track. It's such an amazing community," she said. "Even if you don't think you like racing, if you go check it out just once I think you'll go back."

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Prime Minister Justin Trudeau, his wife Sophie Grégoire Trudeau and daughter Ella-Grace arrive in Beijing on Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

Trudeau's China trip all about the economy

FOREIGN AFFAIRS

In first official visit, PM must get down to business

When Prime Minister Justin Trudeau visited Washington D.C. for a state dinner, his job was to dazzle. But on his first official visit to China as prime minister, Trudeau must get right down to business.

Where is he visiting?

After landing in Beijing around midnight on Tuesday, Trudeau plans to visit Shanghai, Hangzhou and Hong Kong before departing on Sept. 7.

Who's travelling with him?

The prime minister is bringing his wife, Sophie Grégoire Trudeau, and seven-year-old daughter Ella Grace. Cabinet members Finance Minister Bill Morneau, Foreign Affairs Minister Stéphane Dion and International Trade Minister Chrystia Freeland will also join him.

What does he hope to accomplish?

1 G20: Trudeau will attend the G20 summit in Hangzhou, where he will meet with finance ministers and leaders from all around the world to discuss the globalized economy.

2 Free trade: A free trade deal with China, Canada's second-largest trading partner, would be a big get for Trudeau's government.

3 Canola: Recent restrictions on the amount of foreign material, such as weeds and other crops, in Canada's canola exports could mean big losses for farmers. China buys 87 per cent of its canola from Canada, and is

asking producers to cut the level of foreign material in deliveries by more than half for health and safety reasons by this Thursday.

4 Spies: Trudeau is expected to bring up Kevin Garratt, a Canadian missionary who was charged with espionage last January and is held in prison in China.

5 Human rights: While many would like to see Trudeau take a stand against China's human-rights record, it's a touchy subject and one that will be difficult for him to broach while negotiating economic issues.

TORSTAR NEWS SERVICE

DAESH

Thousands found in mass graves

Peering through binoculars, the young man watched as Daesh extremists gunned down the handcuffed men and then buried them with a waiting bulldozer. For six days he watched as Daesh filled one grave after another with his friends and neighbours.

The five graves arranged at the foot of Sinjar mountain hold the bodies of dozens of minority Yazidis killed in Daesh's bloody onslaught in August 2014. They are a fraction of the mass graves Daesh extremists have scattered across Iraq and Syria.

In exclusive interviews, photos and research, The Associated Press has documented

and mapped 72 of the mass graves, the most comprehensive survey so far, with many more expected to be uncovered as Daesh's territory shrinks.

In Syria, AP has obtained locations for 17 mass graves, including one with the bodies of hundreds of members of a single tribe all but exterminated when Daesh extremists took over their region.

For at least 16 of the Iraqi graves, most in territory too dangerous to excavate, officials do not even guess the number of dead. In others, the estimates are based on memories of traumatized survivors, Daesh propaganda and what can be

gleaned from a cursory look at the earth.

Still, even the known numbers of victims buried are staggering — from 5,200 to more than 15,000.

On Sinjar Mountain, Rasho Qassim drives daily past the mass grave in Hardan that holds the bodies of his two sons.

The sites are roped off and awaiting the money and the political will for excavation.

"We want to take them out of here. There are only bones left. But they said 'No, they have to stay there, a committee will come and exhume them later,'" said Qassim.

THE ASSOCIATED PRESS

FRANCE

Burkini ban a 'stupid reaction': UN official

The United Nations human-rights office says local bans in France on burkini swimwear amount to "a grave and illegal breach of fundamental freedoms" and a "stupid reaction" to recent extremist attacks.

OHCHR spokesman Rupert Colville says the rights agency wants local officials to "immediately" lift the bans, saying they don't increase security.

A French high court has struck down on French towns' ban on the burkini, effectively invalidating such bans in about 30 towns, though many remain.

Colville says such bans "fuel religious intolerance and the stigmatization of Muslims," and "have only succeeded in increasing tensions."

In Cannes, a French court has overturned a ban on burkinis — the first in a series of bans that set off the controversy and outrage.

Colville said people who wear burkinis — body-covering beachwear worn by some Muslim women — or any another clothing "cannot be blamed for the violent or hostile reactions of others." THE ASSOCIATED PRESS

HILLARY CLINTON

Benghazi emails recovered

The U.S. State Department says about 30 emails that may be related to the 2012 attack on U.S. compounds in Benghazi, Libya, are among thousands of Hillary Clinton emails recovered during the FBI's recent investigation into her use of a private server.

Government lawyers told U.S. District Court Judge Amit P. Mehta Tuesday that an undetermined number of the emails among the 30 were not included in the 55,000 pages previously provided by Clinton.

THE ASSOCIATED PRESS

CRIME

Sexual misconduct in military punished

The Canadian Armed Forces says it is making progress in the fight against sexual misconduct in the ranks, but much more work needs to be done.

In an update Tuesday, the military said it completed 51 investigations into inappropriate sexual behavior between April and July.

As a result, 30 people had received "career-impacting" punishments ranging from fines to outright dismissal from the forces. Three more were referred to civilian authorities while the

perpetrators in four cases could not be identified.

Ten cases were considered unfounded.

Defence chief Gen. Jonathan Vance, who has made the elimination of sexual misconduct a priority, described the results as a "good start." But Vance acknowledged much work remains to be done after the report showed there were 97 other cases of inappropriate and harmful sexual behaviour under investigation in the same period. THE CANADIAN PRESS

AFGHANISTAN

Canadian and his wife plead for lives

A Canadian and his American wife have appeared in a new video pleading for their lives.

Joshua Boyle and Caitlan Coleman were kidnapped by the Taliban in 2012 while on a backpacking trip in the mountains of Afghanistan.

In the video shared by SITE Intelligence group Boyle, 33, and Coleman, 31, say that if the Afghan government doesn't stop executing Taliban prisoners, their captors will kill them.

"They will execute us, women



Joshua Boyle and his wife Caitlan Coleman. SCREENGRAB

Your essential daily news

Wednesday, August 31, 2016

ROSEMARY WESTWOOD in Vancouver

The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters.

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: housing.

It is, in the context of Vancouver's mad open houses of late, a tame event. A half-dozen rental hunters, a modest one-bedroom suite for \$1,300 in the city's Mount Pleasant neighbourhood, with a closet-sized kitchen from the 1970s and plenty of natural light.

Not, notes the property manager, the typical showing.

"My vacancy is near zero. When I put an ad out, I get 80 responses," he tells the small group I've joined (strictly, thank God, in an observer's capacity), in a borderline brag.

Like we need the reminder. The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters. "It's insane," one woman at the open house tells me. She saw a place at 9 p.m. one night last week, and it was rented by 8 a.m. the next morning. Some landlords expect thousands of dollars in rent on the spot. One apartment she looked at had jumped from \$800 a month to \$1,300 a month in two years.

Another woman had been away from the city for a year, only to return to the skyrocketing rent prices. "I came home, and I was like, 'What the hell happened?'"

There's no time to make a decision, the first woman adds, but you want to make sure you like the place you choose, because God forbid you have to move out any time

soon and face another surge in rent.

As a result of all this, the property manager — a soft spoken but chatty man who's been in the business for decades — says he's fielding applications for some high-priced condos from the highly

expenses).

The story is the same in Victoria. One friend witnessed a guy "who took a zillion applications at an open house and then let the final chosen ones price-bid each other. Makes me want to barf."

From another renter's point



SO MANY UNITS, SO FEW VACANCIES The Vancouver rental market is the forgotten real estate disaster in a city full of them. METRO FILE

unqualified, who are hoping to carry a \$2,500 monthly rent with a student loan. "People are applying who can't afford it. What are you doing here? You can't afford this!" he says.

Then, among the more qualified, there's the pressure to pay above-market prices. One Metro colleague spent weeks searching via open houses with dozens of other renters, a.k.a. competitors (he even found himself relieved that one man with a cane would probably be cut from the list). His "happy" ending: He now pays 30 per cent more in rent than he used to, and that's after he was forced to fork over his first payment a month early, to secure the lease (he's also renting out his old place on Airbnb to cover his increased monthly

of view: "Victoria is rife with opportunistic scum."

"I listed my condo in Victoria this month and got over 100 emails," noted another friend and Victoria landlord. "The market is insane."

There's even a Nanaimo rental crunch, and the story of a woman who had to resort to Airbnb listings to find a long-term rental.

Meanwhile, as my colleague Wansee Li reports today, some are buying condos especially to rent them out on Airbnb. One former condo owner told Metro that she was shocked to find her old unit, which she had sold weeks earlier, listed on Airbnb by someone who had a dozen other properties.

But the chatty property manager at this showing would likely be unsurprised

If I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice



Return to peacekeeping won't be return to '90s



Paul Wells

Harjit Sajjan's office offered me an interview with the defence minister. This was more than a week ago now, after Sajjan landed in Vancouver from a week-long visit to Africa. And if you want the truth of it I sat on the interview for days because I wasn't entirely sure what to make of it.

After our conversation, Sajjan and two other ministers announced Canada will contribute 600 soldiers and \$450 million over three years to United Nations peacekeeping. The sound of self-congratulation from some corners has been hearty. But a lot of what Sajjan told me stands as a useful corrective.

Please stow the noble image of blue-helmeted soldiers, sternly guarding a neat line between two carefully separated armies somewhere. Those days are gone and they are not coming back.

"This is not the peacekeeping of the past," Sajjan told me. "There's no peace to keep."

Traditional peacekeeping was a relic of 19th- and early 20th-century industrial war, when massed armies would hurl themselves at one another in ways that actually made them relatively easy to separate. Latter-day asymmetric combat, led in many cases by ragtag groups of militants armed with a few trucks and sidearms, follows no neat lines. Civilian and paramilitary groups intermingle, as do friendly and unfriendly armies. Allegiances shift. It's hard to even know where to send the blue helmets.

Sajjan and his colleagues need to make up a new way for Canadians to be helpful in Africa. That's the work he

was pursuing when he visited Ethiopia, Kenya, Tanzania, Congo and Uganda. "This trip was about getting the direct facts," he said. "Because you need to get a really good, deep understanding of what's really going on."

Great. Going on where? Africa is three times the size of Canada, with more than 30 times its population.

"I've been quite honest about my approach on this," Sajjan said. "Just because I visit an area doesn't mean we're going to be contributing troops [there]. And just because I didn't visit an area doesn't mean we're not going to be contributing troops."

So: Canada is sending up to 600 soldiers, plus some number of civilians, to provide expertise and services. Sajjan just doesn't know where yet.

This makes more sense than it seems to. In 2001, it was clear where Canadian troops were going: Afghanistan. They then spent a decade learning the regional politics and the internally complex tribal sociology that affected soldiers' work every day. Sajjan wants to front-load the homework, and pick a mission later.

Sajjan's agenda may offer hints. Four of the countries he visited are big donors to UN peace operations. Uganda has about as many soldiers in the field as Canada is offering, Ethiopia 14 times as many. But the Democratic Republic of Congo has fielded only 20. But a UN force of 20,000 has been stationed in the DRC since 2010. It's a tricky business. All told, 102 soldiers have been killed in that operation.

Let's hold off on the self-congratulation until we know what our soldiers are getting into.

Paul Wells is a national politics columnist for the Toronto Star.

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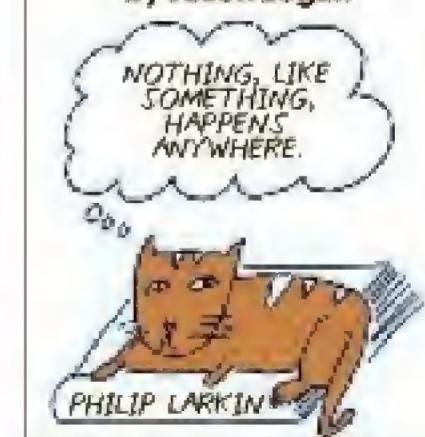
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1 Chickpea, feta and tomato salad — This Martha Stewart recipe hits all the marks of a good school lunch: Protein, healthy fats and no nuts.

2 Cumin-spiced tofu tacos — Torstar life editor Mary Vallis swears her daughter scarfs these tacos down.

3 Mini quiches — Ottawa dad Craig Stewart uses quiche as a solution to sandwich ennui. Use frozen pre-made tart crusts for an easy, make-ahead lunch.

Tried and tested school lunches

RECIPES

Sandwiches get old quick — here, some ideas to inspire

Short of telling your kid, "Eat what I make or else starve," there are ways to fuel them for the day with help from dietitians who have seen countless children of different appetites, as well as parents with go-to recipes that their kids devour when it's time for them to head back to school next week.

One of the best ways to broaden a child's horizons is to simply get the kids involved in making their lunches.

"It's not even the meal prep, it goes all the way to the grocery shopping and planning your meal" says Richmond Hill, Ont.-based registered dietitian Mahsa Esmaeili. "When they're involved, no matter what they're preparing they're more likely to eat it."

One mom from the Facebook group Bento Lunch Box Ideas-Canada told me she makes her own buns using a bread machine and her kids choose the fillings whether it's zucchini and chicken, or most recently, ham and egg. She says it gives the kids a

sense of pride in having a say in their creations.

If kids don't like sandwiches, switch the vessel. Once a month, Ottawa dad Craig Stewart bakes a large batch of mini-quiches for his twin 13-year-old daughters.

"I've done spinach, ham, mushroom, asparagus, sautéed onion, peppers, leftover roast chicken, different cheeses, basil, chives. It's anything you think your kids will like or if you want to sneak some stuff in there, they tend to eat it," he says. To serve, he takes a few quiches out of the freezer and throws them into his daughters' lunch bags with an ice pack.

"You also want to incorporate different flavours, textures and colours," says Esmaeili.

"If you're used to packing baby carrots, it can get boring. If it's fruit, add something soft one day, then crunchy the next ... Kids like dipping things so if you have a healthy dip like hummus or a yogurt-based dip, it makes all the difference."

Spices and herbs are also an important component in introducing new foods to children. Depending on the family's cultural background, many parents already have their kids salivating for sweet curries, fragrant jollof rice, zesty tzatziki and tangy kimchi at an early age.

However, if that's not the

case, registered dietitian Nicole Osinga would start with sweeter flavours like a sprinkle of cinnamon on apples or chopped basil in salads.

"It's important that kids try them at home first, so you know they'll like them before you send them off with the lunch," says Osinga, who works in Durham Region. She also adds that having a diverse classroom exposes kids to the cuisines of other cultures.

"Ask them what their friends ate for lunch and try making it at home. See if they'll be open to trying it."

Mini quiches

This recipe comes courtesy of Craig Stewart, an Ottawa father of two. Find boxes of pre-made tart crusts in the frozen section of the supermarket (Tenderflake is the most common brand). Use the egg and milk mixture as the base and substitute with fillings of your choice.

Ingredients:

- 4-5 strips of bacon
- 24 frozen mini tart shells
- 4 large eggs
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) finely chopped broccoli
- Salt and pepper, to taste
- 1 cup (250 mL) shredded old cheddar

Directions:

1. Preheat oven to 375°F
2. Arrange tart shells on a lined baking sheet. Set aside.
3. In a skillet over medium-high heat, fry bacon until browned and crispy. Remove from heat and let cool to room temperature on a plate lined with paper towel. Chop bacon into small pieces.
4. In a mixing bowl, whisk together eggs, milk, bacon and broccoli. Season with salt and pepper.
5. Carefully pour egg mixture into tart shells until full but not overflowing. Sprinkle cheddar on top of each tart. Bake for 25 to 30 minutes or until cheese is bubbly and eggs are set.
6. Let cool for five minutes before serving or let cool to room temperature before freezing up to 3 months.

Chickpea, feta and tomato salad

This Martha Stewart salad recipe is recommended by Toronto legal assistant Vanessa Medina. She doesn't have any kids herself, but she does make larger batches of

this for her coworkers and it checks off all the marks of a good school lunch: protein, healthy fats, a hint of spice, no nuts and can be made a day or two in advance.

Ingredients:

- 1 1/4 cup (60 mL) canned chickpeas, rinsed and drained
- 1/2 cup (125 mL) cherry tomatoes, quartered
- 1/4 cup (60 mL) crumbled feta
- 1 tbsp. (15 mL) lemon juice
- 2 tsp (10 mL) olive oil
- 1/4 tsp (1 mL) Italian seasoning or dried oregano
- Salt and pepper, to taste

Directions:

1. Mix all ingredients in a bowl until well incorporated. Pack in a reusable food container and refrigerate until ready to eat.

Cumin-spiced tofu tacos

This recipe comes courtesy of Torstar Life editor Mary Vallis who for months now has been swearing that her daughter scarfs these down every time. Make this tofu mix ahead of time and use as much as you need to for the tacos.

Ingredients:

- 1 tbsp (15 mL) olive oil

- 1 350g-brick extra firm tofu, drained and crumbled
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) chili powder, or more to taste
- 1 cup (250 mL) canned black or kidney beans, drained and rinsed
- 1/2 cup (125 mL) fresh or frozen corn kernels
- Salt and pepper, to taste
- Grated old cheddar, to taste
- 8 hard or soft taco shells

Directions:

1. In a large skillet over medium-high heat, heat oil. Add tofu, cumin and chili. Sauté until tofu starts to turn golden brown. Add beans and corn. Continue to cook until corn starts to brown. Add salt and pepper to taste. Adjust seasoning as needed (ask your child for input). Remove from heat and transfer to plastic food container. Let flavours marinate for 10 minutes. If not using immediately, let cool to room temperature before refrigerating for up to a week.

2. To make tacos, fill each taco shell with about 1/2 cup tofu filling. Wrap tightly with plastic wrap and store in a hard plastic food container.

TORSTAR NEWS SERVICE

How bias keeps women out of the science field

DIVERSITY

Training takes too long, shuts out youth, top biologist says

Genna Buck
Metro Canada



Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute and one of Canada's leading cell biologists, is fed up with the patchwork system of awarding funding grants for scientific research.

He says it leaves scientists lurching from project to project, not able to rely on steady work or take advantage of "serendipitous" discoveries — scientific lucky breaks — whose applications may not be obvious until years later.

His new manifesto, published on Medium.com, outlines how he thinks society as a whole — and funding agencies in particular — can "protect and nurture the best and most promising science and scientists" in Canada. This comes at the beginning of an independent review of the way the federal government funds fundamental science. He spoke to Metro about his call to action.

You want the scientific funding system to promote diversity. How could that be done in a fair way?

I think we're being unfair right now. Where's the scientific rationale if, when five female and five male scientists applying for funding, you don't get equal success rates for both? If not, there's something wrong. Among



'We've been very selfish': Young scientists who spend a decade or more in training provide cheap labour for researchers, but many are being priced out of Ph.D.s, said Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute. CONTRIBUTED

our students, about 65 per cent are female. Postdocs, it's about 50/50. Junior professors, it starts to drop so there are more males than females. Among professors, it's more like 70/30. Likewise with junior scientists. If 20 per cent of applicants are junior scientists, then 20 per cent of grants awarded should go to junior scientists. If not, what's going to happen when older scientists have retired?

We need to even the playing field. The U.S. National Institute of Health has adjusted its grant competition system to make sure the people successfully getting grants look like

the people applying for grants. What's the practical benefit of having gender balance? If there isn't a gender balance, that probably means very talented women are not doing science. It doesn't maximize our intellectual abilities as a nation. I think a lot of that is unconscious bias.

You believe becoming a scientist takes too long. What's the problem with that?

We used to put people through quicker. Thirty years ago, my Ph.D. took three years and I did three years of post-doctoral studies. Nowadays it takes five to seven years to do

+ MANIFESTO

Researcher Jim Woodgett wrote a nine-point plan for how Canada can promote science and train better scientists. Here are a few of his ideas:

■ **Merge federal systems for funding science.** There are at least 20 different government programs for health research alone.

■ **Support a base level of funding for scientists** instead of having them rely on grants. It shouldn't be determined by oversimplified measures like the number of papers published.

■ **Support smaller centres**, outside of big cities, through partnerships with major research institutions that get the lion's share of funding.

a Ph.D. and five to seven years to do a postdoc. Do they really come out as better scientists? I don't think that's the case.

I say this as somebody who has contributed to the problem: We've made a cheaper workforce in science, because the students take longer. This is especially a problem in cities like Toronto and Vancouver. We pay \$25,000 or \$30,000. There are a lot of students who can't afford to do their Ph.D. Your income and your family's ability to support you has no relationship to your intellectual capacity. If we really want the best people to be doing science, we should be reducing the barriers.



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Chris Brown standoff ends peacefully

LEGAL TROUBLE

L.A. police had responded to woman's call for help

Singer Chris Brown came out of his Los Angeles home peacefully Tuesday after an hours-long standoff with police who responded to a woman's call for help.

Police Lt. Chris Ramirez said several people were escorted from the residence after a search warrant was served.

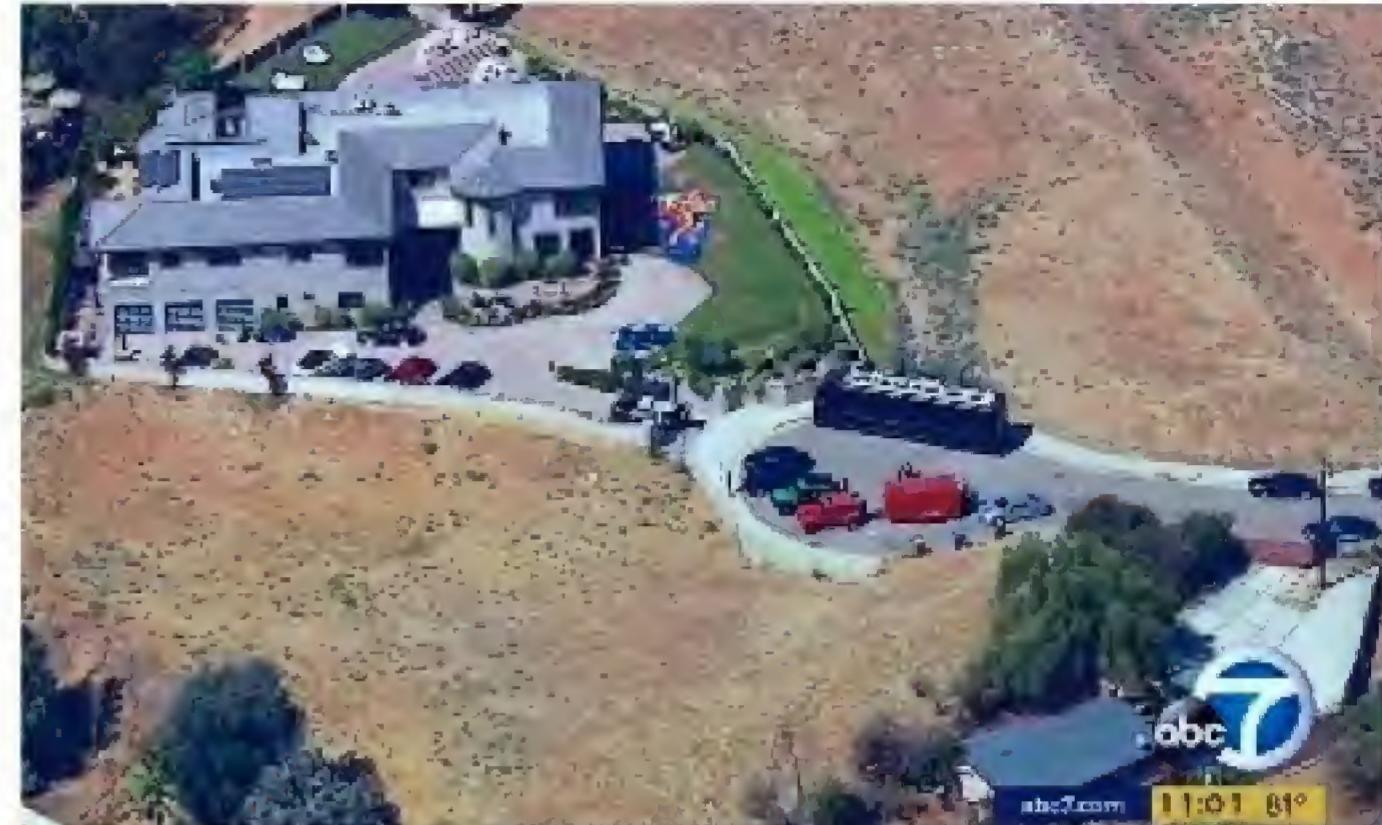
No arrests had been made and everyone has been cooperative, he said.

Police said the woman who made the call for help at about 3 a.m. was not inside the hilltop estate in the San Fernando Valley. Ramirez did not identify the woman or elaborate on the assistance she needed. He did not know if she was injured.

Brown's attorney Mark Geragos arrived at the home shortly before the warrant was served.



Chris Brown has been in repeated legal trouble since 2009. At right, an aerial shot of Brown's home, where police patrolled on Tuesday. THE ASSOCIATED PRESS



Earlier, Brown posted several videos to social media declaring his innocence. The singer has been in repeated legal trouble since his felony conviction in the 2009 assault of his then-girlfriend, Rihanna.

"I don't care. Y'all gonna stop playing with me like I'm the villain out here, like I'm going crazy," he said in one Instagram video Tuesday, waving a cigarette and looking at the camera.

"When you get the warrant or whatever you need to do, you're going to walk right up in here and you're going to see nothing. You idiots."

Calls and emails seeking comments from Geragos and other representatives were not returned Tuesday.

After several missteps, Brown completed his probation last year in the case involving Rihanna.

In 2013, Brown struck a man outside a Washington,

D.C., hotel and was charged with misdemeanor assault. The singer was ordered into rehab but was dismissed from the facility for violating its rules.

He spent 2 1/2 months in custody, with U.S. marshals shuttling him between Los Angeles and the nation's cap-

ital for court hearings.

In another incident while in treatment, Brown was accused of throwing a brick at his mother's car following a counselling session. It came after Brown had completed court-ordered anger management classes.

THE ASSOCIATED PRESS

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SEARCHING FOR AN END TO CHILDHOOD OBESITY

Childhood obesity is an ongoing problem throughout the country, but the need for a solution is perhaps no more urgent anywhere else than right here: Manitoba has the highest rate of type 2 diabetes in children in all of Canada. Thankfully, the work currently happening in the labs of the Children's Hospital Research Institute of Manitoba (CHRIM) is aiming to make that statistic a thing of the past.

"Currently 500 million people are obese worldwide, including 43 million children," says Dr. Vern Dolinsky, an associate professor at the University of Manitoba. Dolinsky and his students have been studying factors that may affect obesity at CHRIM, and he reports that the rise of childhood obesity in particular is contributing to an overall higher incidence of diabetes — one that's currently on target to affect 200 million people worldwide with the disease by 2036.

"While diet and lifestyle are factors that contribute to the development of obesity and type 2 diabetes, recent data suggests that maternal health and nutrition also play a major role in the

risk for the development of obesity and type 2 diabetes during childhood."

Dolinsky is part of a larger research team called the Diabetes Research Envisioned and Accomplished in Manitoba (DREAM). It works towards finding solutions for childhood obesity and examines its link with diabetes. Student Alanna Head was awarded CHRIM's undergraduate summer studentship to work alongside Dolinsky and DREAM as part of her B.Sc. degree.

"I had the opportunity to work in a research lab... studying the effect of non-nutritive sweetener consumption (i.e. diet drinks) during pregnancy on fat mass of the offspring," Head says of her work. "This was really interesting for me, since I was able to apply the knowledge and lab techniques that I have learned about in my university courses."

Head will be graduating this year and applying to a program in the Faculty of Health Sciences, but she plans to return to CHRIM next year to continue working with Dolinsky on their research.



Dr. Vern Dolinsky is leading a team of students at the Children's Hospital Research Institute of Manitoba (CHRIM) in the quest for a solution to childhood obesity. CONTRIBUTED

"This research benefits [CHRIM] through addressing a major clinical problem of childhood type 2 diabetes," Dolinsky says of the work.

"Obesity and type 2 diabetes are estimated to cost the Canadian healthcare system around \$6 billion annually."

"Since childhood obesity and diabetes places an immense emotional strain on children and

their families, anything we can do to improve the health of mothers and their children will have a major benefit for future generations of Canadians."

Dolinsky is thankful to the Canadian Institutes of Health Research and Children's Hospital Foundation of Manitoba for continuing to fund his research.

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Your essential daily news

Lotus Elise 250 Special Edition Celebrates 50 Years in Hethel, England



A plug-in with plenty of power



ROAD
TESTED

REVIEW

Impressive range alone makes this car worth it



Sami Haj-Assaad
AutoGuide.com

Hyundai's first plug-in vehicle is not a pet project or a limited-run experiment; it's a fully fleshed out evolution of the traditional hybrid Sonata that offers an eye-popping 966 kilometres of range.

And while the Sonata Plug-in Hybrid is still based on Hyundai's tried-and-true mid-sized sedan and not built from the ground up like the Volt and Prius, the Korean automaker still manages to make its green vehicle stand out.

Getting the basics out of the way, the Sonata Plug-in Hybrid looks nearly identical to its non-plug-in counterpart, save a few updates. There's also a unique alloy wheel design, and plug-in Hybrids are available in four exclusive colors: Pewter Gray Metallic, Diamond White Pearl, Eclipse Black and Seaport Mist.

The interior also gets Plug-in specific updates, including a new gauge cluster that helps drivers indicate the battery's state of charge. There's a blue pearl leather interior option that features contrasting stitching, too.

The biggest and most important change to the car's in-

terior is a button that changes how the Plug-in prioritizes how it saves fuel. A hybrid mode uses the gas and battery mode together, while an EV mode puts priority on utilizing the electric motor to its fullest and depleting the big battery before firing up the internal combustion engine. A third mode uses the internal combustion engine like a generator to charge the battery and can be activated by holding the HEV button. In addition to the different drivetrain modes, there's a drive mode selector that modifies the steering and responsiveness of the car.

Unlike the normal Sonata Hybrid, there is no Sport mode, which is fine because the Plug-in feels more powerful than the normal Hybrid model. The slim lithium polymer battery pack of the Plug-in is now five times larger than its hybrid counterpart and the electric engine is 32 per cent more powerful, too. Unlike other fuel-friendly cars, the Plug-in feels lively when pressed.

Driving dynamics are typical of the mid-size segment, which is to say it drives easily and sedately. It's not razor sharp like the Mazda6 and skews closer to the Toyota Camry in terms of handling and comfort.

Like our experience in the Sonata Hybrid, the Plug-in is very refined, smooth and quiet. The transition from gas-electric hybrid mobility from pure EV is hardly noticeable and the regenerative brakes aren't overly grabby.

Not just a toy or proof of concept, the Sonata Plug-in Hybrid is fully featured.

THE CHECKLIST | 2016 HYUNDAI SONATA PLUG-IN HYBRID

THE BASICS

Engine: 2.0L four-cylinder paired to a electric motor, making a combined 202 hp

Transmission: Six-speed automatic

CAN Fuel Economy (L/100 km): 5.9 combined in hybrid mode, 2.5 in PHEV mode. Electric range of 35 km

Price: Starts at \$45,914



LOVE IT

- 600 miles of range
- Short recharge times
- More responsive than regular hybrid

LEAVE IT

- Limited cargo space
- Select availability

INTERVIEW

Genesis exec details luxury brand's uphill battle

Dan Ilika
AutoGuide.com

will be available for purchase through online sales and downtown retail and shopping mall locations across the country.

AutoGuide.com sat down with Canadian director of Genesis Motors, Michael Ricciuto, to get some insight into how the premium brand plans to operate.

The Genesis and Equus were pretty well received; how do you build on that success with a spin-off brand?

In 2009 we won North American Car of the Year with



The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment.

Michael Ricciuto, Genesis Motors

Genesis and that was our first attempt at playing in that premium segment. Then with the Equus — which to me was wonderfully executed — we've proven that we can build products that can compete.

What makes the Genesis brand a viable venture?

We have the mass market brands, so we can leverage the economies of scale from that and design premium products that are a notch above. Plus, it also allows us to develop tech-

nologies that the premium segment will pay for, and then those technologies will work their way down into the mass market brands. Without that platform how do you develop things like head-up display? Because you're never going to do a head-up display and put it in a Sonata. It's just too expensive and you'll never recoup your investment. But you can put it in a (premium car), get the cost down and then, over time, work that into the other products.

What's going to set the Genesis brand apart?

We're going to have products that are very well equipped from the get-go. The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment. And really, when you get into this segment those are the features customers really want. Nobody wants to buy a base model luxury car with pleather seats and no sunroof, so why would we build it?

Ex Top Gear host's worst cars list

IN BRIEF

Chevy Colorado gets power bump

Chevrolet is updating the drivetrain in its midsize Colorado pickup truck, adding a new eight-speed automatic transmission and an updated 3.6-litre V6 engine. While the displacement remains the same, the new 3.6-litre features some updates to its variable valve timing and direct injection systems, helping it net 308 horsepower at 4,000 rpm. New for this year is also cylinder deactivation, allowing the engine to cut two cylinders while travelling on the highway to increase fuel economy.

The other major update is the addition of an eight-speed automatic transmission. STEPHEN ELMER/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

VAUXHALL ASTRA

Jeremy Clarkson's least favourite

After revealing his Top 10 Star Cars, Jeremy Clarkson has now done the opposite. The former host of Top Gear has listed his stinkers, cars that he just absolutely did not enjoy driving in the last year or so. Despite having a 1.6-litre turbocharged four-cylinder engine with 197 horsepower, Clarkson didn't have much nice to say about the Vauxhall Astra, for example. "I still had to cobble together some thoughts on the Vauxhall ... It was red and turbocharged and it would be fine for anyone who needed four wheels and a place to sit down when moving out. And now I'm out of space, which is probably a good thing, because I have nothing else to say about it."

JASON SIU/AUTOGUIDE.COM



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Ryan Lochte isn't saying whether he'll return to Brazil to face a charge of filing a false police report over a gas station incident during the Olympics

Bouchard bounced out

U.S. OPEN

Canadian star loses her first-round match in three sets

Canadian tennis star Eugenie Bouchard made an early exit from the U.S. Open after losing 6-3, 3-6, 6-2 to Katerina Siniakova on Tuesday in New York.

Bouchard appeared to struggle with her serve in the third set after having her foot bandaged during a medical time-out. The native of Westmount, Que., was broken three times by Siniakova in the final set.

Overall, Siniakova had 19 break-point opportunities in the match. Bouchard saved 15 of them.

"I feel like I didn't play really well," Bouchard said. "My opponent played really well, I think. I tried my best, I fought my hardest so I have no regrets in that sense. But I wish I had better feeling on the court and served better."

The 39th-ranked Bouchard seemed like she was making a comeback after dropping the first set.

Leading 4-2 in the second set, Bouchard survived three break points, rattling Siniakova, who flipped her racket in disgust after hitting wide on a long rally to level the game at deuce.

Bouchard also faced break point while serving for the second set but recovered and won when the 72nd-ranked Siniakova hit into the net.



Eugenie Bouchard faded in the third set against Katerina Siniakova. AL BELLO/GETTY IMAGES

MEN'S DRAW

The fifth-seeded Milos Raonic of Thornhill, Ont., will face Ryan Harrison in the second round on Wednesday, while Vancouver's Vasek Pospisil squares off against Ryan Andersen.

said. "She played better than me today."

The early exit at Flushing Meadows was another setback for Bouchard, who hasn't been able to find her form consistently since her breakout 2014 season that saw her make the Wimbledon final and reach her peak ranking of No. 4 in the world.

Bouchard was hoping for a better result in New York after her 2015 U.S. Open campaign was cut short when she slipped in a physiotherapist's room before her fourth-round match

and was forced to withdraw due to a concussion.

Bouchard filed a lawsuit against the U.S. Open and the United States Tennis Association in October that is still ongoing.

"Coming back here I had mixed emotions," Bouchard said. "It's hard not to think about what happened last year. But since I've been here I've been forcing myself to focus on the positives, and I've also had great memories here at the U.S. Open."

THE CANADIAN PRESS

"I never played her before so I didn't know what to expect, but I felt like she was really going after it," Bouchard

IN BRIEF

NHL goalies won't be as trim as planned in 2016-17

NHL goalies won't look as trim as expected this season because of delays to an ambitious redesign of their bulky equipment.

Reductions were to be made to the pants and upper-body equipment, but it's now thought that only the pants stand even a chance of being ready when the regular season gets underway in mid-October. THE CANADIAN PRESS

Vikings QB injures knee and rushed to hospital

Minnesota Vikings quarterback Teddy Bridgewater suffered a "significant" knee injury in practice Tuesday and the team was awaiting tests to determine how long he might be out.



Teddy
Bridgewater
GETTY IMAGES

Coach Mike Zimmer confirmed the injury a few hours after an ambulance took Bridgewater from the practice field to a nearby hospital. THE ASSOCIATED PRESS

Tebow time in baseball picking up steam

Tim Tebow has taken his first big swing at a baseball career, showing off a powerful bat and a few areas of needed improvement in a workout for dozens of major-league scouts.

The Heisman Trophy-winning quarterback hit a series of long homers on Tuesday in Los Angeles, but was repeatedly fooled by off-speed pitches later in the hitting drills.

THE ASSOCIATED PRESS

NFL

Cowboys still have faith even without Romo

Jason Witten stood in the posh locker-room at the new practice facility for the Dallas Cowboys, addressing a topic that came up frequently at musty old Valley Ranch — as recently as last year.

Quarterback Tony Romo is hurt again, and his favourite tight end is here to tell you the Cowboys can make it work without him. Even though they went 1-11 last season with Romo sidelined twice by a broken left collarbone.

Now Romo has a broken bone in his back — his fourth back injury in less than four years

— and no timetable for a return. Witten would also like to remind people that the player he came into the league with 13 years ago once returned to a game with broken ribs and a punctured lung.

"People are going to bet against him, that's fine, and I don't think that's unfair to do so," Witten said. "But if you know what he's about, w h i c h everybody



in this building does, he's going to be back sooner than probably expected and he'll play better than anybody thought he would because I know that's what he's about."

Owner and general manager Jerry Jones said the Cowboys were finished waiting for star players to return after injuries to Romo and receiver Dez Bryant and suspensions for linebacker Ro-

lando McClain and defensive end Greg Hardy set the tone for a first-to-worst slide to 4-12. In keeping with that vow, Jones is talking up rookie fourth-

round pick Dak Prescott, who figures to start at least the first few games as long as he's healthy, starting with the opener Sept. 11 against the New York Giants.

And Prescott has been impressive enough in the pre-season for Jones to lose interest in adding a veteran after backup Kellen Moore broke his right ankle in a camp practice. Romo's injury forces the Cowboys to look outside for a quarterback, but now it will be a backup to Prescott instead of to the team's 36-year-old leader. THE ASSOCIATED PRESS

England breaks world record in routing Pakistan

England smashed a world record-breaking 444-3 in an emphatic 169-run victory over Pakistan on Tuesday to take an unassailable 3-0 lead in the five-match one-day international series.

Opening batsman Alex Hales hit England's highest individual ODI score with 171.

THE ASSOCIATED PRESS

RECIPE Better Than Classic Tuna Melt



PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

The additions of apple and pickle to this tuna melt give it a twist of great texture and surprising flavour.

Ready in 20 minutes

Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients

- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.
2. In a large bowl, mix together the tuna, apple, celery, pickle and mayo until it is well combined. Season with salt and pepper.
3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.
4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.
5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.
6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

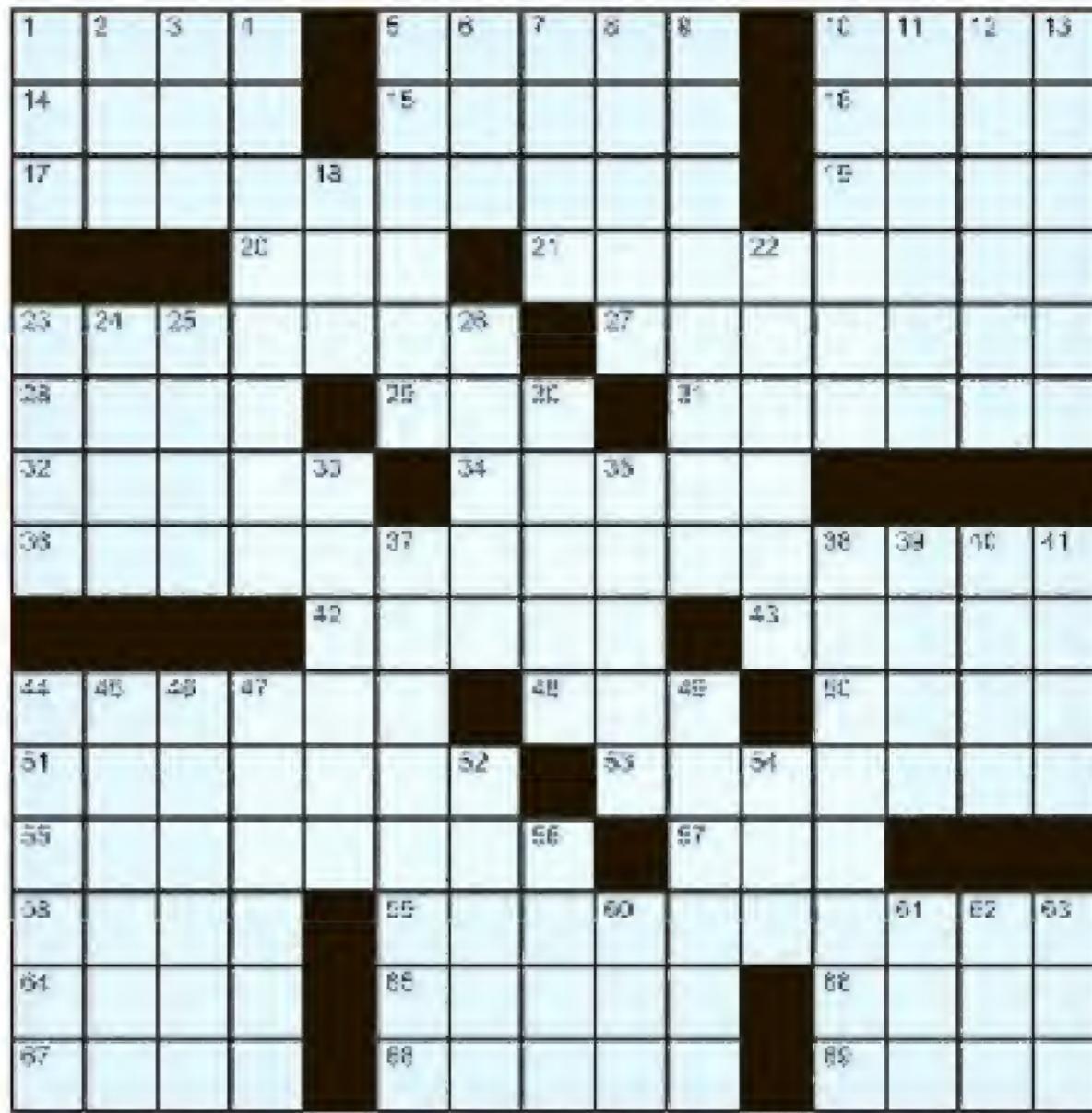
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Taunt
5. The ___ (1973) starring Paul Newman and Robert Redford
10. ___ Wade
14. Person, place or thing
15. Bag carrier
16. Norse epic
17. Decipher a secret message
19. Prefix with 'algia'
20. Abner of comics
21. Refinement
23. Astronomical observatory site in California, ___ Mountain
27. Signs up for the military
28. Eye part
29. Eur. country
31. Nan A. ___ (Book publisher)
32. Keanu Reeves/Sandra Bullock movie
34. Administered, as medication
36. One of the islands of Iles de la Madeleine in Quebec that's a 'Haven-of-Houses'
42. Leg bone
43. American ___ (Pago Pago's land)
44. Infamous movie of 1987
48. Yore
50. Wines: French
51. Sort of close by
53. Birds, surgeon-style
55. Hurt by a barb
57. Singer, Pris-



- cilla
58. Mal de ___ (Headache, in French)
59. The Allman Brothers Band's ___
60. Frost
61. Still ___ (Maya Angelou poem)
62. Brewer's kiln
63. Like many a window
64. Dispatched
65. Still ___ (Maya Angelou poem)
66. First-rate
67. Writer Harper Lee's birth name,

4. One placing something in with the letter in the envelope
5. ___ 17 (1953) starring William Holden
6. Mr. Cruise
7. Let ___ by The Beatles
8. Writer Harper Lee's birth name,
9. Harper Lee
10. Beneficial brewed/boiling beverage: 2 wds.
11. Hammer once more
12. Danish writer Hans Christian Andersen's birthplace
13. Inferences

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7	6	1	5	
8					2
6		5			8
1					4
	4	3	2		
3					9
7		1			5
	6				3
	8	4	9	7	

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Silly errors and delays at work will be frustrating for the next few weeks because Mercury is retrograde. Just grin and bear it. What else can you do?

Taurus April 21 - May 21
Old flames are back in your life, which might be fun or horrific. Creative projects will be slow to get off the ground. Past issues with children might resurface.

Gemini May 22 - June 21
Because your ruler Mercury is retrograde, family might be camped on your doorstep and eating you out of house and home. This will continue for several weeks. Have courage.

Cancer June 22 - July 23
Just accept the fact that the next month will be full of mistakes, transportation delays and misplaced items. You're not losing it, and this is only temporary. You will survive.

Leo July 24 - Aug. 23
Use the next few weeks to wrap up old money issues and deal with loose ends. Money that is coming to you might be late in the mail or delayed. Grrrr.

Virgo Aug. 24 - Sept. 23
Mercury is retrograde in your sign now, which hasn't happened for a few years. This brings people from your past, especially ex-partners, back into your world.

Libra Sept. 24 - Oct. 23
It is Mercury retrograde now, which is frustrating for many signs. However, for Libras, you have a great chance to do research and find answers to old problems.

Scorpio Oct. 24 - Nov. 22
Friends from the past are back in your life again. This could be reassuring, because it's always nice to have history with others.

Sagittarius Nov. 23 - Dec. 21
Some of you might be in touch with parents or authority figures you haven't seen for a while. You also might be able to successfully pitch an old idea to a boss.

Capricorn Dec. 22 - Jan. 20
Travel plans might be delayed or canceled because of Mercury retrograde. If traveling, it will be easiest to go someplace you have been before.

Aquarius Jan. 21 - Feb. 19
Use the next few weeks to wrap up loose ends regarding shared property, taxes, inheritances and debt issues. It will be surprisingly easy to do this.

Pisces Feb. 20 - March 20
Issues with ex-partners are back on your plate again. In fact, some of you will be running into ex-partners! Might this be an opportunity for closure?

metro

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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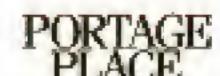
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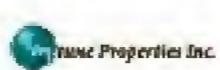
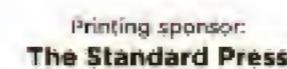
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